

Factor 21 Diabetes FOOD SPIRAL[®]



Food Fitness First, Inc.[®]



Using The Diabetes FOOD SPIRAL® **21 DFS Daily Factors**

Welcome to your weekly menu for the Diabetes FOOD SPIRAL®. According to your **favorable fitness factor**® you are allotted 21 Factors a day. For your convenience we have broken down the week by day.



Legend:

Lg.-Large, NSA - No Sugar Added, Gr.-Grilled, t.-teaspoon, T.-Tablespoon, c.-cup, w/-with, Bk.-Baked, Tom.- Tomato, Cuc-Cucumbers, Ch- Cheese, WW- Whole Wheat, Art. Sw.-Artificial Sweetener, FF- Fat Free, sl.-Slice, Drg.-Dressing, Veggies-Vegetables, SF-Sugar Free, Marg.-Margarine.



Other "GO" foods – 0 Factors-Eat All YOU want:

Nonstick cooking spray, vinegar, dill pickles*, mustard*, lemon/lime juice, unsweetened caffeine free diet colas, unsweetened caffeine free beverages, sugar free gelatin, herbs, Worcestershire sauce*, horseradish*, hot sauce, garlic powder, sage, oregano, cinnamon, nutmeg, ginger, paprika, black pepper, cayenne pepper, capers, and other spices.



Limit to 2 T./day

Fat Free- sour cream, margarine, salad dressing, mayonnaise, whipped topping, cream cheese, non-dairy creamer, salsa*, soy sauce*, taco sauce*, ketchup*, steak sauce*, 3 pieces sugar free candy, 3 sticks sugar free gum, 1 T. sugar free jelly and syrup.

*-High in Sodium.

21



Using The Diabetes FOOD SPIRAL®

Monday - 21 DFS Daily Factors

Breakfast (5)

1G	1/2 Grapefruit
1G	1 c. Skim Milk
2G	2 sl. WW Toast
0G	1 T. NSA Jam, Jelly or Syrup
1Y	1/2 c. Grits
0G	1 T. FF Margarine
0Y	1 c. Coffee
0G	1/2 c. Tomato Juice*
0G	Artificial Sweetener
0G	Salt*, Pepper

Lunch (7)

2G	4 oz. Baked Chicken
1G	1/2 c. Fresh Pineapple
0G	2-3 Carrot Sticks
2G	2 WW Rolls w/
0G	1 T. FF Margarine
2G	1 c. Brown Rice
0G	1/2 c. Broccoli
0G	1 c. Garden Salad w/
0G	2 T. FF Salad Dressing* or Salsa*
0G	1 c. NSA Punch

Dinner (7)

1G	2 oz. Baked Fish
0G	2 c. Salad w/
1G	1 T. Salad Dressing*
0G	1/2 c. Cole Slaw, FF
0G	1 T. Margarine, FF
2G	1 large Baked Potato
0G	2 T. Sour Cream, FF
2R	2 Hush-puppies- 2 inches
0G	1/2 c. Green Beans
1G	1 Apple
0Y	1 c. NSA Tea

Snack (2)

1Y	6 Vanilla Wafers
1G	1 cup Skim Milk

Notes:



Using The Diabetes FOOD SPIRAL®

Tuesday - 21 DFS Daily Factors

Breakfast (5)

1G	1/2 c. Fresh Berries
2G	1 c. Granola
1G	1 sl. WW Toast
0G	1 t. Margarine, FF
1G	1 cup Skim Milk
0G	1/2 c. V-8 Juice*
0Y	1 c. Coffee
0G	Artificial Sweetener
0G	Salt*, Pepper
0G	1 T. NSA Jam, Jelly or Syrup

Lunch (7)

2G	4 oz. Salmon, Grilled
0G	1/2 c. Peppers/Onions
1G	1/2 c. Strawberries
2G	2 WW Bread Rolls
2G	1 c. Wild Rice
0G	2-3 sl. Lettuce/Tomato
0G	1 t. Mayonnaise, FF
0G	1/2 c. Pico de Gallo
0G	1 c. Garden Salad w/
0G	2 T. Salsa*
0G	1 c. NSA Lemonade

Dinner (7)

1G	2 oz. Grilled Chicken
0G	2 c. Salad w/
2Y	2 T. Salad Dressing*
1G	1 small Baked Potato
0G	1/2 c. Cauliflower
0G	1 c. Raw Carrots
0G	1 T. FF Salad Dressing*
2G	1 WW Bun
0G	1 T. Margarine, FF
1G	1/2 c. Fresh Fruit
0G	1 c. Water

Snack (2)

1G	1/2 c. Fiber One® Cereal*
1G	1 c. Skim Milk

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Using The Diabetes FOOD SPIRAL®

Wednesday - 21 DFS Daily Factors

Breakfast (5)

- 1G** 1/2 c. Grapes
- 1G** 1 c. Non-Fat Yogurt & NSA (No Sugar Added)
- 1G** 1/2 c. Oatmeal
- 2G** 2 sl. WW Toast
- 0G** 1 t. Margarine, FF
- 0G** 1 c. Sautéed Veggies
- 0Y** 1 c. Coffee/Sweetener
- 0G** 1/2 c. Tomato Juice*
- 0G** 1 T. NSA Jam, Jelly or Syrup

Lunch (7)

- 3G** 3-6" Corn Tortilla
- 2G** 4 oz. Chicken
- 0G** 2 T. Salsa*
- 0G** 1 c. Pico de Gallo
- 0G** 2 c. Lettuce/Tomato
- 0G** 2 T. Sour Cream, FF
- 1G** 1/2 c. Pineapple, fresh
- 0G** 1 c. Onion/Tomatoes
- 0G** 1 t. Margarine, FF
- 1G** 1/2 c. Refried Beans*
- 0G** 1 c. NSA Punch

Dinner (7)

- 1G** 2 oz. Tilapia w/
- 0G** 1/4 c. Grilled Peppers
- 0G** 1/2 c. Sautéed Mushrooms
- 1G** 1/2 c. Baked Beans
- 0G** 2 t. Margarine, FF
- 0G** 1 c. Tossed Salad/
- 2Y** 2 T. Ranch Dressing*
- 0G** 1/2 c. Steamed Veggies
- 1G** 1/2 c. Berries
- 2R** 1-2 x 2 inch Corn-bread*

Snack (2)

- 1G** 6 WW Crackers*
- 1G** 1 c. Skim Milk

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Using The Diabetes FOOD SPIRAL®

Thursday - 21 DFS Daily Factors

Breakfast (5)

1G	1 Orange, small
1G	1 c. Skim Milk
2G	1 c. Shredded Wheat
1G	1 sl. WW Toast
0G	1 t. Margarine, FF
0Y	1 c. Coffee/Art. Sw.
0G	1/2 c. V-8 Juice*
0G	Salt*, Pepper
0G	2 T. NSA Syrup
0G	1 T. NSA Jam, Jelly or Syrup

Lunch (7)

2G	4 oz. Turkey
1G	1/2 c. Wild Rice
0G	2 c. Salad Greens
0G	1 T. FF Salad Dressing*
0G	1 t. FF Margarine
2G	2 sl. WW Bread
1G	1 Apple for Salad
0G	add Celery & Lettuce
1G	1/2 c. Whole Kernel Corn
0G	1 T. Mayonnaise, FF
0G	1 c. NSA Lemonade

Dinner (7)

1G	2 oz. Baked Fish
1Y	1/2 c. Grits
0G	1 c. Salad Greens
0G	w/1 T. FF Salad Dressing
2G	2 Rolls, WW
1G	1 Tangerine
1R	1 t. Butter
0G	1/2 c. Beets
1G	1 small Sweet Potato
0Y	1 Diet Coke

Snack (2)

1G	1 c. Skim Milk
1G	3 c. Air-Popped Popcorn*

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Friday- 21 DFS Daily Factors

Breakfast (5)

1G	1/2 c. Fresh Melon
1G	1 c. Skim Milk
2G	1 c. Fiber One® Ce- real*
1G	1/2 c. Oatmeal
0G	1 T. NSA Jam, Jelly or Syrup
0G	1 t. Margarine, FF
0Y	1 c. Coffee
0G	1/2 c. Tomato Juice*
0G	Artificial Sweetener
0G	Salt*, Pepper

Lunch (7)

2G	4 oz. Chicken
2G	2 WW Rolls
1G	1/2 c. Wild Rice
1G	1/2 c. Sweet Potatoes
0G	1 T. Margarine, FF
0G	1 c. Garden Salad
0G	Carrots, Veggies w/ Dressing*
0G	2 T. FF Salad Dressing*
0G	1/4 c. Salsa*
1G	1/2 c. Watermelon
0G	NSA Lemonade

Dinner (7)

1G	2 oz. Grilled Chicken
0G	1 c. Squash/Onions
2G	2 WW Rolls or WW Bun
0G	1 T. Margarine, FF
2G	1 c. Fiesta Corn
0G	3 stalks Celery w/ Dressing*
0G	2 T. FF Cream Cheese
0G	& 1 t. Chives
0G	1/2 c. Green Beans
1G	1/2 c. Pinto Beans
1G	1 Pear

Snack (2)

1Y	6 sliced Melba Toast
1G	1 c. Skim Milk
0G	Diet Limeade

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Saturday - 21 DFS Daily Factors

Breakfast (5)

1G	1 Apple
2G	2 sl. WW Toast
1Y	1/2 c. Grits
0G	1 t. Margarine, FF
1G	1 c. Skim Milk
0G	1/2 c. V-8 Juice*
0Y	1 c. Coffee
0G	Artificial Sweetener
0G	Salt*, Pepper
0G	1 T. NSA Jam, Jelly or Syrup

Lunch (7)

2G	4 oz. Baked Fish
2G	1 WW Bun
2R	1/2 c. French Fries
0G	1 t. Mustard* & Ketchup
0G	1 t. Mayonnaise, FF
0G	1/2 c. FF Cole Slaw
0G	1 c. Veggies w/
0G	2 T. Salad Dressing, FF*
1G	1/2 Banana
0G	1 c. Water

Dinner (7)

1G	2 oz. Stir Fry Chicken
0G	1 c. Veggies
2G	1 c. Brown Rice
2G	2 WW Rolls
0G	2 t. FF Margarine
0G	1/2 c. Okra
1G	1/2 cup Fresh Berries
0G	w/2 T. FF Sour Cream
1R	1 t. Butter
0Y	1 Diet Coke

Snack (2)

0G	1 c. Veggies w/2 T. Fat Free Dip*
1Y	6 Saltine Crackers*
1G	1 c. Skim Milk

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Sunday - 21 DFS Daily Factors

Breakfast (5)

1G	1 Peach
2G	1 English Muffin WW
1Y	1/2 cup Grits
0G	2 t. Margarine, FF
1G	1 c. Skim Milk
0G	1/2 c. Tomato Juice*
0Y	Coffee/Art. Sw.
0G	Salt*, Pepper
0G	1 T. NSA Jam, Jelly or Syrup

Lunch (7)

2G	4 oz. Turkey
2R	2 x 2" Cornbread*
0G	1 sl. Lettuce & Tomato
0G	1 t. Mustard* & FF Mayo
0G	2 c. Raw Veggies
0G	2 T. Mayonnaise, FF
0G	1 Cucumber w/
0G	2 T. FF Salad Dressing*
0G	1/2 c. SF Gelatin
1G	1 Apricot
2G	1 large Baked Potato

Dinner (7)

1G	2 oz. Gr. Chicken
2G	1 c. Brown Rice
2G	2 WW Rolls
0G	1/2 c. Steamed Broccoli
0G	1/2 c. Sautéed Onions
0G	& Peppers
1R	1 t. Butter
1G	1/2 cup Fresh Fruit
0G	1/2 c. Mushrooms
0G	1 Cola, Unsweetened, Decaf

Snack (2)

0G	1 c. Raw Veggies
0G	2 T. FF Salad Dressing*
1Y	3/4 oz. Pretzels*
1G	1 c. Skim Milk

Notes: